In response to the office action mailed August 18, 2005, please amend the above application as follows:

Cancel all claims of record, claims 1-24 and substitute new claims 25-46 as follows:

CLAIMS:

I claim:

25. (New) An exercise device comprising:

an "H" shaped rigid frame comprising a base to rest upon a floor;

a pair of planar posts comprising a first planar post and a second planar post wherein each said first planar post and said second planar post extends at 45 degree angle from opposing side of said rigid frame,

and said first planar post levels off at substantially midpoint of said first planar post,

and said second planar post levels off at a substantially midpoint of said second planar post;

a rectangular sitting component frame fixed at a first side to said first planar post at substantially

midpoint of said first planar post and said rectangular sitting component frame fixed at said first side to said planar post to substantially end of said first planar post,

and

said rectangular sitting component frame fixed at a second side to said second planar post at substantially midpoint of said second post and said rectangular sitting component frame fixed at said second side to said planar post substantially end of said second planar post;

a horizontally disposed seat rectangular in shape secured to said rectangular sitting component frame and

said horizontally disposed seat adjustable by moving simultaneously said rectangular sitting component horizontally at said first side and said second side;

a pair of parallel inclined seat support bars;

a second horizontally disposed bar;

a first horizontally disposed bar; and

a seat restraint means selectively attached to said sitting component frame.

26.(new) The exercise device of claim 25 wherein said base further comprises:

a pair of equal length side base bars wherein said base bars are parallel and equidistant to each other, and

a transverse base bar extending perpendicularly between the pair of side base bars at,

substantially close to a position wherein said first planar post extends at 45 degree angle from said rigid frame,

and

substantially close to a position wherein said second planar post extends at 45 degree angle from opposing side of said rigid frame; and

said transverse bar is rigidly positioned perpendicularly to said pair of side bars.

27. (new) The exercise device of claim 25 wherein said pair of side base bars comprise:

a left side base bar wherein said left side base bar comprises a front side and a rear side; and

a right side base bar wherein said right side base bar comprises a front side and a rear side.

28. (new) The exercise device of claim 25 further comprising:

a first planar post attached to the front of said left side bar,

said first planar post extending upward from said front end of said left side bar, wherein said first planar post extending upward curves and then levels off at a peak and,

a second planar post attached to said front of right side bar,

said second planar post extending upward from said front end of said right side bar, wherein said second planar post extending upward curves and then levels off at a peak.

29. (new) The exercise device of claim 25 comprising said first horizontally disposed bar further including a pair of opposing ends, wherein a first horizontal bar opposing end is secured to said first planar post and a second horizontal bar opposing end is secured to said second planar post.

30. (new) The exercise device of claim 25 wherein said rectangular sitting component frame includes:

a means for attachment to said first planar post at said peak and a means for attachment to said second planer post at said peak,

and

a means for support wherein said support includes a means for attachment to said first inclined seat support bar at substantially mid point between said first and said second inclined seat support bars.

31. (new)The exercise device of claim 25 wherein said pair of parallel inclined seat support bars comprise:

said first inclined seat support bar including a pair of opposing ends wherein a first inclined seat bar opposing end is rigidly attached to the rear of said left side base bar at a 45 degree angle, and a second inclined seat bar opposing end is rigidly attached to said first planar post at a 45 degree angle; and

said second inclined seat support bar including a pair of opposing ends wherein one opposing end is rigidly attached to the rear of said right side base bar at a 45 degree angle, and another opposing end is attached to said second planar post at a 45 degree angle.

32. (new) The exercise device of claim 31 further comprising said second horizontally disposed bar including two opposite ends wherein said second horizontally disposed bar is secured perpendicularly to said first inclined seat support bar at a first opposite incline seat end,

and said second horizontally disposed bar is secured perpendicularly to the second inclined seat support bar at a second opposite incline seat end.

33. (new) The exercise device of claim 32 wherein second horizontally disposed bar includes a member for a user to comfortably grasp said second horizontally disposed bar while raising themselves upwardly and lowering themselves downwardly during exercise.

34. (new) The exercise device of claim 25 wherein said base adapted to rest upon a floor includes a plurality of suitable non skid members attached to said base frame.

35. (new)The exercise device of claim 25 further comprising said second horizontally disposed bar rigidly secured perpendicularly to said pair of inclined seat support bars.

36. (new) The exercise device of claim 25 wherein said seat restraint is attached to said sitting component frame at opposing sides of said sitting component frame and

wherein said seat restrain is a seat belt selectively attached to said sitting component frame on opposing ends of said sitting component frame.

37. (new) An exercise device comprising:

an "H" shaped rigid frame, comprising a base to rest upon a floor;

a pair of planar posts comprising a first planar post extending from the frame and a second planar post extending from the frame;

a rectangular sitting component frame mounted to said pair of planar posts;

a horizontally disposed buttocks seat rectangular in shape comprising an inner member and an outer member;

a pair of parallel inclined seat support bars;

a second horizontally disposed bar secured to said first planar post and said second planar post;

a first horizontally disposed bar; and

a plurality of rectangular non skid members.

38. (new) The exercise device of claim 37 wherein said horizontally disposed buttocks seat is secured to said rectangular sitting component frame at opposing ends and wherein said horizontally disposed rectangular seat is selectively adjustable;

39. (new) The exercise device of claim 37 wherein said base further comprises:

a pair of equal length side base bars wherein said base bars are parallel and equidistant to each other; and

a transverse base bar extending between said pair of side base bars wherein said transverse base bar comprises:

an elongated bar having opposing endings selectively fixed horizontally and perpendicularly to the midpoint of the left side base bar at a first opposing ending and the midpoint of the right side base bar at second opposing ending.

40. (new) The exercise device of claim 37 wherein said pair of side base bars further comprise:

a left side base bar wherein said left side base bar comprises a front side and a rear side and;

a right side base bar wherein said right side base bar comprises a front side and a rear side.

41. (new) The exercise device of claim 37 further comprising:

said first planar post extending upwards in a 45 degree curve and leveling off at first peak wherein said first planar post is attached to the front end of the left side base bar; and

said second planar post extending upwards in a 45 degree angle curve and leveling off at a second peak wherein said second planar post is attached to the front end of the right side base bar.

42. (new) The exercise device of claim 37 further comprising said first horizontally disposed bar with a pair of opposing ends, wherein one opposing end is secured to the first planar post and an opposing end is secured to the second planar post; and

said horizontally disposed bar including an inner member comprising particularly rigid material and an outer member comprising particularly soft material.

43. (new) The exercise device of claim 37 wherein said rectangular sitting component frame is mounted to the first planar post at said first peak and,

said rectangular seat component frame mounted to the second planer post at said second peak;

and said rectangular seat component comprising a particularly soft material outer member mounted on a particularly rigid inner member.

44. (new) The exercise device of claim 37 wherein said rectangular sitting component frame is further supported by a first inclined seat support bar and a second inclined seat support bar wherein:

said first inclined seat support bar comprises a pair of opposing ends wherein one end is attached to said rear end of said left side base bar, and one end attached to the first planar post; and

said second inclined seat support bar comprising a pair of opposing ends wherein one end is attached to said rear end of said right side base bar, and one end at attached to the second planar post.

45. (new) The exercise device of claim 37 further comprising said second horizontally disposed bar with opposing ends wherein said second horizontally disposed bar is secured to the first inclined seat support bar at a first end,

and said second horizontally disposed bar is secured to the second inclined seat support bar at a second end.

46. (new) The exercise device of claim 37 wherein said rectangular shaped non skid members are selectively attached to said parallel base bars of said rigid frame, and wherein said non skid members are aligned in pairs perpendicularly to each other.